"Winterize"
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See pages 8-11

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VIEWPOINT

"Cheap Food" Starving U. S. Farmers

Farm foreclosures across Rural America e now being recorded at a higher rate an the nation has experienced since the 930s. Meanwhile, the outlook is that cord harvests this fall will drive farm ices even lower, further aggravating this tional crisis.

The essay below, which was written by uplin County farmer Jack Williams of t. 2, Faison, clearly describes many of e problems now facing American farmers. The commentary, which originally peared in Raleigh's *News and Observer*, reprinted here in the hope that it will nerate understanding and support for r farmers among Tar Heel consumers. With such support, perhaps, the farmers ll be able to join with administration ficials and members of Congress to rge fair and workable solutions for this tical set of problems.

Williams, 54, who is a consumer-mem- r of Four County Electric Membership rporation, Burgaw, is president of the rngrowers of North Carolina and the uplin County Farm Bureau. He is a aduate of Wake Forest University.

—*James M. Hubbard*

Hubbard is executive vice president of rth Carolina's statewide organization EMCs.

. raise corn, soybeans and wheat—)00 to 1,100 acres total. I have a lege degree and one year of law school. wife is a college graduate and we have r children, two of whom are in college. ould like to address some of the farm ies from this side of the fence.

In regards to a "free market" in the U.S. farm sector, there is not, nor will there ever be, such a creature. It sounds good for the Reagan administration to push for a free market. But the "free market policy" is only a disguise for a "cheap food policy" that both Democrats and Republicans wish to continue.

I ask, how can I raise cheap food when my fuel cost today is greater than the cost of planting the entire farm was 10 years ago?

The Carter grain embargo reduced my selling price by more than $54,000 the first year after the embargo. The Ford export limitation reduced the price of corn and beans in my grain bins by more than $13,000 in two days. The inaction of the Reagan administration its first year in office likewise had drastic effects on my prices.

In my years of farming, the action or the inaction of the federal government has affected the commodity prices much more than has the weather. For the farmer, the weather is risk enough.

It just appears the Democrats do not want to do anything that would give credit to the Republicans and vise versa. The farmer is a political football, with an occasional bone thrown to him after the fact of ineffective government policy.

As a farmer I am expected to compete with the subsidized farm program of Japan, with the European community and with other countries. I cannot compete alone in a world market against other governments that subsidize their producers. For example, corn prices to the Venezuelan farmer are more than $7 per bushel.

Today the price of corn in Eastern North Carolina is $2.40 to $2.50 per bushel. Because of dry weather, the average yield in our area is 40 to 60 bushels. Wheat yields were six to nine bushels with very few more than 30 bushels per acre. An acre of corn will cost around $225 to produce. (Thus $2.50 times 50 equals a $125 selling price per acre).

Do you as a consumer realize that the corn farmer is loosing around $100 per acre when you pull your $20,000 boat behind your $20,000 vehicle going for a weekend trip to the $85,000-plus condo at the beach. Look left and right as you go through Wayne, Lenoir, Duplin and other counties. How do you have the nerve to complain about the high cost of food?

The can and label cost more than the green beans in the can. The wrapper cost more than the farmer received for the wheat in the loaf of bread. We are basically giving away what we produce today and have for several years.

If you as a consumer think food is high, you should try to pay for a $50,000 tractor or a $100,000 combine with $2.50 per bushel corn. Our costs are increasing every year. Do you realize it will cost me more than $3,000 to spray 350 acres of soybeans for insects.

Can you drive up to your home and realize it is worth 50 percent less than it was three years ago. If your car, house and salary have been reduced by 50 percent in the last three years, then you'd know what the average farmer faces today. If not— you cannot.

Continued on page 23

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TV Show Has Journalists Discussing News Events

A new public affairs program premiering on public television this fall will give the state's journalists a forum to discuss and debate North Carolina's hottest news topics.

"North Carolina This Week," premiering Nov. 8 over the nine channels of The University of North Carolina Center for Public Television, airs each Friday at 7:30 p.m. The program repeats Sundays at 6:30 p.m.

Hosted by Ted Harrison, "North Carolina This Week" features a three-member panel of writers and editors representing print and broadcast media from across the state. Panelists will discuss three or four topics drawn from the week's biggest stories.

Programs will be taped shortly before airtime, allowing for an up-to-the minute perspective on the week's topics.

Harrison, a veteran journalist who was formerly with WFMY-TV in Greensboro, was a producer/reporter for the Center's "Legislative Report" program during the 1985 legislative session.

Four Artists Awarded $5,000 Fellowships

Two playwrights, a composer and a choreographer have been named to receive the 1985 North Carolina Arts Council Fellowship Awards.

They are playwrights M. Terence Cawley of Raleigh and Phil Hines of Charlotte; composer David Kechley of Wilmington and choreographer Barrie Barton of Weaverville.

The $5,000 fellowships are awarded annually, this year recognizing poets, fiction writers, composers, choreographers and playwrights. Next year, they'll be available for visual artists.

The awards are intended to allow professional artists who are residents of North Carolina to devote more time and resources to their artistic work.

Mistletoe Show and Sales Slated In Elizabeth City

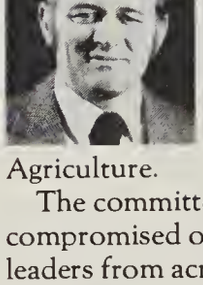
The Elizabeth City Junior Woman's Club will sponsor the Eighth Annual Mistletoe Show and Sale Nov. 8-10 at Knobbs Creek Recreation Center in Elizabeth City.

The show will feature about 70 exhibitors from across the state.

For more information, write to Catherine E. Perry at P.O. Box 1521, Elizabeth City, N.C. 27909.

EMC Manager Named To USDA Review Committee

Gary Whitener, manager of Rutherford Electric Membership



Corporation, Forest City, has been named to a 17-member Citizen's Advisory Committee for streamlining the U.S. Department of Agriculture.

The committee, which is compromised of rural and agriculture leaders from across the country, was appointed by USDA officials to involve representatives of the private sector in a review of the agency's structure and functions.

Officials said the committee's suggestions will be referred to a task force of USDA's top managers that has been studying options since last May.

Whitener, a former director of Rutherford EMC, was manager of the co-op's Lincoln-Gaston District for three years before taking his present post in 1984.

EMC Directors Are Re-elected

Three incumbent members of the Board of Directors at Haywood Electric Membership Corporation, Waynesville, have been re-elected during the co-op's recent Annual Meeting.

They are Carl E. Bryson of Rt. 63, Cashiers; Joe Davis of Waynesville and Roy Stamey of Canton.

Book Reviews Literature's Treatment Of The Lost Colo

A new book from the North Carolina Department of Cultural Resources examines the treatment the Lost Colony in the works of historians, playwrights, poets and novelists.

Titled *The Lost Colony in Literatu* the 53-page paperback is the fifth title in America's 400th Anniversa Series, which is being produced by the state agency in conjunction wit America's 400th Anniversary Committee.

The author is Robert D. Arner, professor of English and comparat literature at the University of Cincinnatti.

The book is available at various state historic sites and the N.C. Museum of History's gift shop as well as commercial bookshops. Copies may be ordered from the Historical Publications Section (N Division of Archives and History, 109 E. Jones St., Raleigh, N.C 27611. The cost is $3 per copy plu $1 for postage and handling. Chec should be made payable to the Department of Cultural Resources.

Manual To Help Businesses Assess Cogeneration Option

A new manual is now being offe by the North Carolina Alternative Energy Corporation to help busine ses and industrial plants tap ene from their own operations to gene ate electricity.

More than 20 North Carolina ind trial plants are now saving thousan of dollars annually in energy costs using such cogeneration systems.

The firms range from pulp, lum and paper mills to textile, tobacco and chemical plants. Most involve plants that operate more than 4,00 hours a year.

The new manual, which is price $38 each, is designed to help compa go through a step-by-step procedu to evaluate the feasibility of using cogeneration.

For more information, write or call ohn Glasgow at the agency at P.O. Box 12699, Suite 212, Pamlico Building, Research Triangle Park, N.C. 27709. Phone: (919) 549-9046.

tate Chili Cook-off lated For Oct. 26

The winner of the 1985 North Carolina Chili Cook-off on Oct. 26 ill take home a check for $1,000 nd will represent the state in the nternational Chili Cook-off in alifornia.

The competition for Tar Heel chili ooks will be held in Havelock, where e event is expected to draw a crowd about 15,000.

The day-long festival will also fea- red a road race, live music, children's les and an arts/crafts sale.

For information about the festival, ite to North Carolina Chili Cook- f, P.O. Box **Chili**, Havelock, N.C. 532 or call Beth King at (919) 7-8331.

stival Scheduled t Richlands Park

The 1985 Richlands Arts and afts Festival is scheduled for Nov. t the Catherine Venters Park in hlands.

The event will feature more than 0 craftsmen and artists, music and ncing as well as an antique auto l street rod show.

For more information, write or call ert Potts, P.O. Box 384, hlands, N.C. 28574. Phone: 9) 324-5008.

over: Hot Air Balloons t Statesville Rally

This photo of hot air balloons ending was taken by Denise lchoir of Charlotte at the 1984 nerican Hot Air Balloon Rally in tesville.

The annual event is one of the gest rallies of its kind in the stern United States.

Wild Horse Adoption Event Set In Monroe

Wild horses from public rangelands in Nevada and California will be available for a $125 adoption fee at the Union County Livestock Yards in Monroe, Oct. 31-Nov. 3.

The sale will be conducted by the U.S. Department of Interior's Bureau of Land Management.

In previous events of this sort in Monroe, the agency has placed more than 400 horses with Tar Heel owners.

For applications and information about adopting the animals, write to the Federal Informational Center, Room 334, Richard B. Russell Federal Building, 75 Spring St., S. W., Atlanta, Ga. 30303 or call (404) 221-6891.

Individuals who apply in advance will be assured a better selection of animals, officials said, but "walk-up" applications will also be accepted.

Haywood EMC Awarded $3.8 Million REA Loan

Haywood Electric Membership Corporation, Waynesville, has been awarded a $3.8 million loan from the Rural Electrification Administration for an expansion project.

The loan will help finance construction of 131 miles of line distributing electricity to 1,340 consumer-members. The project also includes building 15 miles of transmission line and two substations as well as other sytem improvements.

The REA loan will finance 70 percent of the project, with the remainder to be covered by a loan from the National Rural Utilities Cooperative Finance Corporation.

The co-op now serves about 12,000 consumer-members in Haywood, Buncombe, Transylvania, Jackson and Macon counties.

Continued on page 5

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Crafts Fair Set In Rocky Mount

The Coastal Plains Arts and Crafts Fair, featuring 100 craftsmen from eight counties, will be held at Tarrytown Mall in Rocky Mount, Nov. 7-9.

For additional information, write to Joe Jeffcoat, 4605 Dewfield Drive, Wilson, N.C. 27893.

National Publication Features N.C. Capitol

North Carolina's historic 1840s capitol is featured in a major article in the September issue of *The Magazine Antiques.*

The story, which was written by John L. Sanders of Chapel Hill, founder and president of the State Capitol Foundation, covers the history and architecture of the 145-year-old capitol.

Copies of the article are available from the foundation for $3, including postage and handling, at 109 E. Jones St., Raleigh, N.C. 27611.

ASU Schedules Weekend Accountants' Workshops

The Center for Management Development at Appalachian State University will offer a series of weekend workshops for accountants beginning Nov. 22.

For more information about the workshops, write or call Mary Joseph at the John A. Walker College of Business at ASU, Boone, N.C. 28608. Phone: (Toll-free) 1-800-222-8636 (Ext. 153).

Home Folks

Mountain singer and country guitar-picker **Doc Watson** of Boone has won the third annual North Carolina Prize, a $10,000 award given to a Tar Heel in recognition of outstanding work in visual or performing arts. The prize is presented by the four North Carolina newspapers owned by The New York Times Co. ..... **Susie Sharp** of Raleigh, the first woman to serve as Chief Justice of the North Carolina Supreme Court, has been presented with the first Charles Duncan McIver Award from the University of North Carolina at Greensboro. The award recognizes Tar Heels who have given unusually distinguished public service to the state or nation. It bears the name of UNC-G's founder and first president ..... **Dru P. Martin** of Fairmont is one of 50 Future Farmers of America members across the nation who have been presented with Achievement in Volunteerism awards for outstanding individual service in the FFA's Building Our American Communities Program ..... Five North Carolina youths have been honored by the U.S. Department of Education for activities of "exceptional caliber." The International Youth Year Awards, which cited a total of 250 American young people, went to **Pamela Denise Brewington** of Fayetteville, **Pablo Juan Caceres** of Roanoke Rapids, **George Washington Mitchell III, Cathy Marie Paparazo** and **U. Tukel** of Taylorsville. ..... **Margaret S. Miles**, a nursing professor at UNC-Chapel Hill, received the 1985 Compassionate Friends Appreciation Award from The Compassionate Friends, a national organization of self-help groups for bereaved parents ..... **State Rep. Vernon G. James** of Pasquotank County has been presented with the annual Friend of Agriculture Award from the N.C. Association of County Agricultural Agents ..... **Frederick Wayne Garrett**, coordinator of the landscape gardening division at Sandhills Community College in Southern Pines, received the 1985 L. C. Chadwick Educator's Award from the American Association of Nurserymen ..... **Kirk Allen Dominick** of Greenville, an East Carolina University freshman, has been selected first runner-up in the national Boys Club 1985 Youth of the Year competition.

Exhibit Examines Motion In Art

An exhibit titled "Of Space and Time: Motion in Art" will open O 12 in the Mary Duke Biddle Educa tion Gallery of the North Carolina Museum of Art.

The exhibition, scheduled throu summer 1986, is designed to acco modate visitors with special needs well as the general public, the exhi bition will include large-type wall panels. It will be accompanied by a free brochure in standard, large-pr and Braille versions and a free re corded tour. Special tactile tours f those with impaired vision will be available on request.

The show will present works in variety of media and styles to show how artists have depicted moveme through the centuries.

For information, or to reserve tours for visitors with special need contact the museum's education department at (919) 833-1935 or write to the N.C. Museum of Art, 2110 Blue Ridge Boulevard, Raleig NC 27607.

Almanac Series Returns To Public TV Schedule

"Almanac," the weekly prograr offering practical informaton on cooking, consumer issues, energy conservation and horticulture, has returned to the regular schedule o the University of North Carolina Center for Public Television.

The series, which is scheduled t air each Tuesday at 7:30 p.m., is p duced by the Center in cooperatio with the N.C. Agricultural Extens Service at N.C. State University.

The show, hosted by Mike Gra was named Conservation Educato the Year by the N.C. Wildlife Fede tion in 1984.

Episodes to be broadcast this fa will cover such topics as coastal landscaping, the English gardens a Biltmore House in Asheville, a bli sewing instructor and new clothin fabrics for fall.

Exhibit: Barber Poles, Chamber Pots and Gubernatorial PJ's

Some are proud "front room" pieces while others are kitchen or utilitarian items.

Altogether, they constitute the current exhibit "Museum Pieces: Recent Acquisitions" at the North Carolina Museum of History in Raleigh.

The show includes 90 varied items, either made or used by North Carolinians from the 17th century to the present.

"They range from a lighted barber pole to an elegant silver cup," said John Ellington, museum administrator. "And from an early Coca-Cola vending machine to a Mickey Mouse toy."

Exhibit items in the show include furniture and decorative items, functional items, clothing and toys—from the finest to the most common; from prominent owners and from those less well-known; and from all areas of the state.

Among the interesting items is a pair of Gov. Elias Carr's pajamas, made of ivory-colored cotton, decorated with black polka dots and embroidered frogs for closures on the jacket. A black beaver top hat worn by the governor is also on display, along with its hatbox and brush. Carr was governor from 1893-1897.

Other items from prominent owners include Nathaniel Macon's desk and inkstand. Macon, a Warren County tobacco farmer, served North Carolina for almost 40 years in Congress, in both the House and Senate. He was Speaker of the U.S. House of Representatives under President Thomas Jefferson.

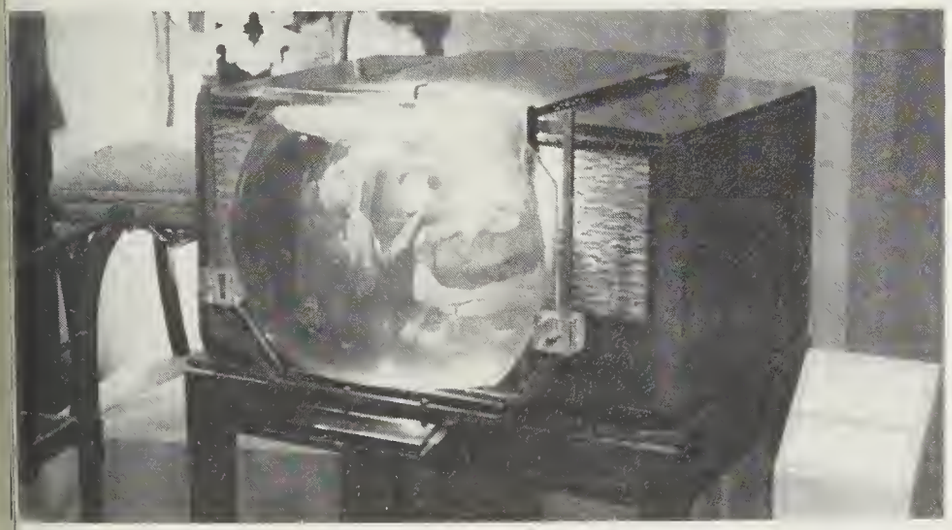
Among the oldest items in the exhibit are two silver spice casters (shakers) attributed to Charles Adam (1697-1716) and owned by Christopher Gale, first chief justice of the North Carolina Supreme Court.

A porcelain chamber pot with "Yarborough House" painted on the outside recalls the days when the well-known Raleigh hotel served as a home-away-from-home for legislators and visitors.

"Museum Pieces" will be on view on the museum's mezzanine through next August.

The Museum, an agency of the Department of Cultural Resources, is at 109 E. Jones St., Raleigh. Museum hours are Tuesday through Saturday, 9 a.m.—5 p.m.; Sunday, 1-6 p.m. Closed Mondays. Admission is free.

For details, call the museum at 733-3894.



This 1946 RCA black-and-white television set, featuring a large convex magnifying lens in front of a six-inch screen, is included in the N.C. Museum of History's exhibit "Museum Pieces: Recent Acquisitions."

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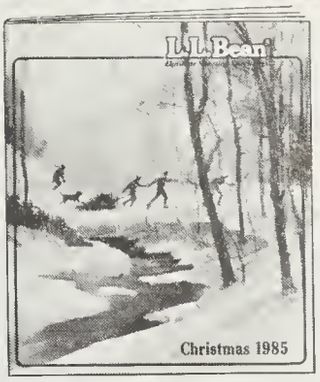

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"Winterize" For Comfort And Savings

There are two major reasons why you, as a homeowner, should be thinking about getting your dwelling ready for winter—if you haven't already started on this project.

One is to assure your family a warm, comfortable place in the cold days ahead, at the same time protecting everybody from colds or worse.

The second is that no matter what kind of fuel (or fuels) you use, you can save yourself a bundle of money by "winterizing." And don't forget: once the work is done, the savings last for years.

Another point to consider: Each step you take will be a plus. Let's suppose you want four separate things done to your house. But because of limited time or money, you can do only two this year. Those two will help a lot.

Now that you've decided to begin winterizing, where do you begin? The first and most obvious answer is insulation. No doubt you have some degree of insulation in your attic and sidewalls, unless your house is just under construction.

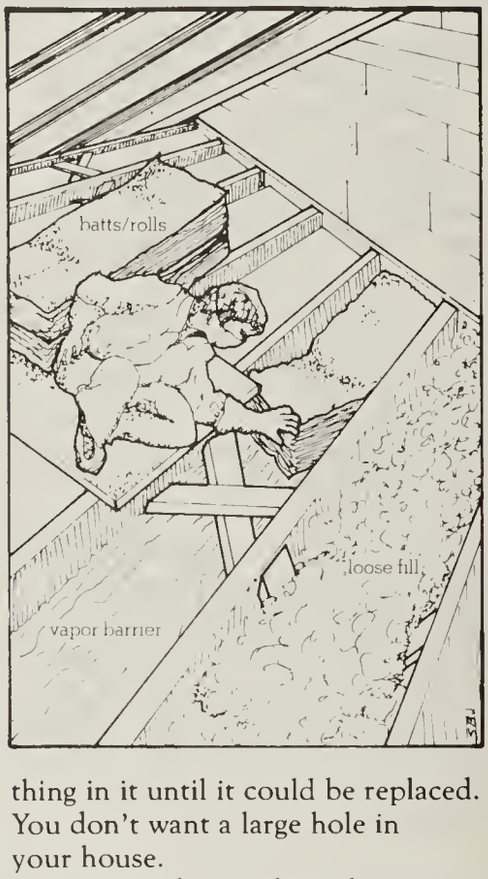
You need to determine whether you have enough. You may already know. If you froze last winter, or if your fuel bill rivaled the national debt, you already know.

But there are steps you can take, such as having a heat survey or "audit," which is not the same as a financial audit. Some of the people who supply insulation or who sell fuel-oil, electric service, propane and natural gas can do such audits. Sometimes they are free, but there may be a small fee.

Give your Electric Membership Corporation a call to see if it offers this service.

You can determine some things for yourself. We mentioned overhead and sidewall insulation. Do you have a good layer under the floor? If you don't, you may need one. (See page 11 for more details on insulation).

Next think about doors and windows. If you had a broken window pane, you would surely stuff something in it until it could be replaced. You don't want a large hole in your house.



Just consider windows for a minute. If you have a window and it has a little "hairline" crack around its frame, only one-sixteenth of an inch, that means a "hole" of 12 square inches for an ordinary three-foot by five-foot window. Multiply it some more. (We have more windows than doors.) Twelve windows, also with that one-sixteenth of an inch crack (you can't even see it) equal a hole in your outside wall measuring a foot and a half by three feet.

The same principle applies to your doors, whether you have two, three, four or more. What can you do?

Several remedies are available. Storm doors and windows are useful tools. Relatively inexpensive and easy to install, they can make a real difference. Note: if you get storm windows, be sure they can be opened. There are times to open up your house. Storm doors should also have panels that will open to let in those fall and spring breezes.

Weatherstripping, placed by professional installers or done on a do-it-yourself plan, is another good step. In the same direction, caulking doors and windows can also eliminate—or greatly reduce—that invisible three-foot hole in your wall.

Like most things you buy, "winterizing" comes in several grades. No exact labels exist but you might call them standard, deluxe and custom. One of the "custom" installations that does an excellent job is actually replacing your old windows with custom double-pane windows that are installed to rigid standards of tightness.

These may cost more than storm windows and caulking, but some homeowners consider them a good investment because most modern homes (which are much tighter than those built just a few years ago) may lose 70 percent of their heat and 46 percent of air conditioning through windows.

Well-fitted double-pane windows can save much of this loss.

We've already mentioned adding six inches of insulation under the floor, because in North Carolina this is likely to be the largest part of a house without any insulation.

But you can also save money, and add to your comfort, by insulating ducts if you have a forced-hot-air system. The ducts can be wrapped with insulation designed for the job, allowing them to deliver more of your heat to the rooms being heated. (Of course, some radiant electric systems have no ducts.)

If you also have air conditioning that uses the same ducts, whether attic or crawl space, your savings are even greater—once the insulation is in place.

Last winter, a lot of people across North Carolina had some of their coldest nights. Many dwellings had water pipes frozen and rupturing, when they hadn't before.

We don't know about the winter months ahead but while you're thinking about winterizing, you might consider insulating water pipes (hot or cold) that are in your crawl space or other unheated area.

This won't make your house much warmer, but it could save those pipes. Custom insulation for

uch pipes is available and dealers ven have a type of electric tape hich uses very little electricity but hich protects pipes from freezing. his tape can be thermostatically ontrolled.

We spend more fuel on hot water uring winter months because the eater has to work with water that ight be approaching the freezing oint. So another good step to save oney and have more hot water ailable is to put a blanket of insution around your water heater. his is even more effective if the eater is in an unheated or slightly ated basement. This "blanket" is other inexpensive item that will rve your family for years.

Another idea is to reduce the mperature of the heated water. me folks cut this to 120 degrees hile some hold at 140 degrees, rticularly when they have dishshing machines.

By now you may be thinking that you have read more than you want to know about ugging-up the old homestead. But have not covered everything by y means.

For many of us, the pride and joy the living room or family room that fireplace. Some, of course, ve converted these to wood rners—but that's not what we're king here.

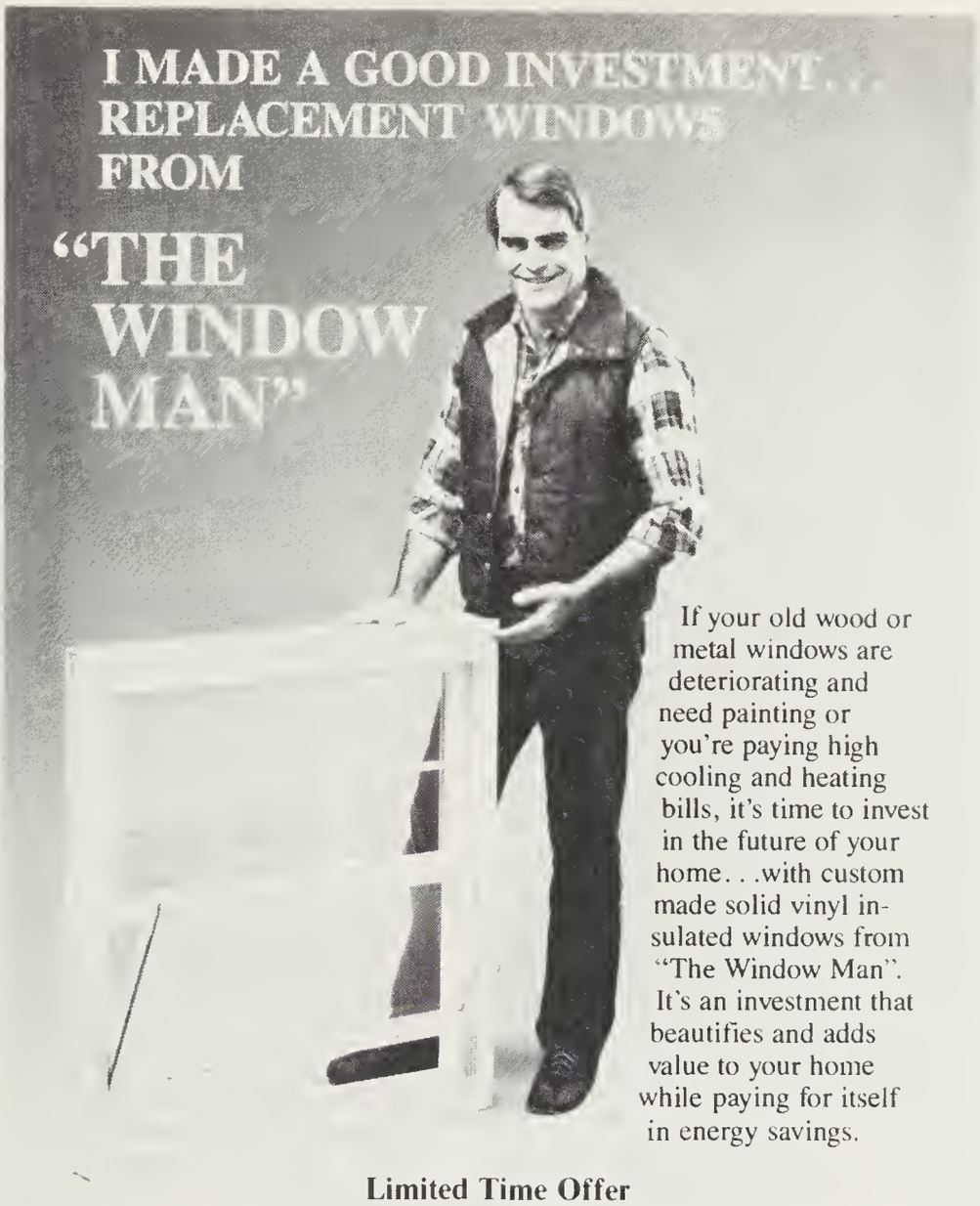
If the chimney does not have a mper—the gadget you use to close i–you might want to seal the chimy unless you're going to be using egularly. For just as smoke and t go up that chimney, that wintry can come down. (Cold air is ch heavier than warm air.)

f you do have a well-fitting dam-, be sure to close it when you're t basking in the glow of a blaze.

There are also steps you can take -by-day to keep the house warm. 's say you have windows that nit winter sunshine. By all means p the drapes open when the sun hining. Close them when it's not.

And here's another step affecting r windows. So you have winvs and window screens to keep bugs out when the window is

ntinued on page 10



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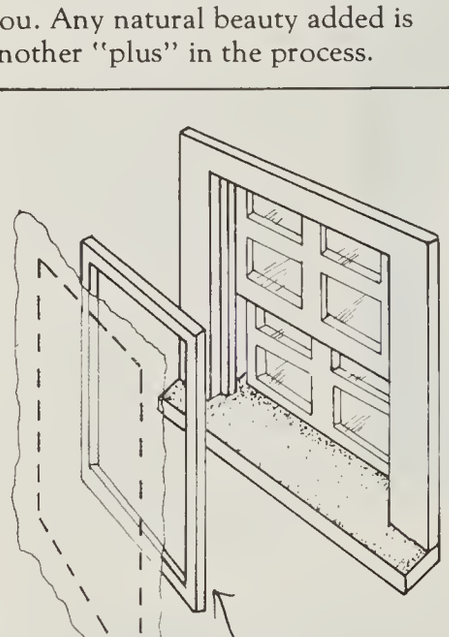
Charlotte	Greensboro	Oxford	Wilmington	
			Winston-Salem	Atlanta, GA

Winterize Your Home

Continued from page 9

open. By all means remove those screens for winter. They keep sunshine out and another layer of glass in infinitely preferable.

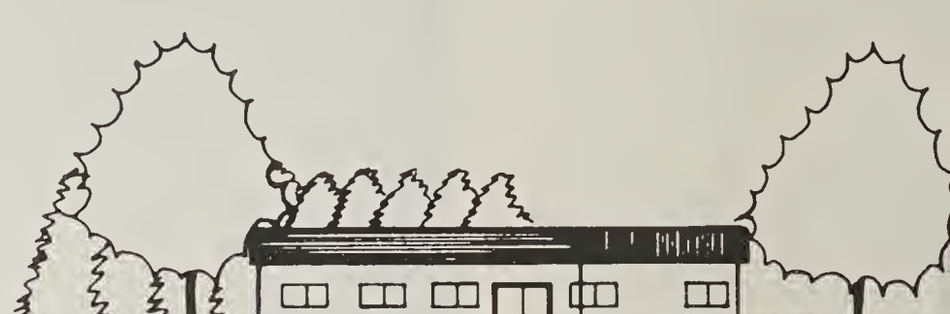
Fall is a time to transplant many shrubs and trees. Any planting you do now won't have much effect for a few years, but leafy trees and shrubs can help make your home comfortable in summer and winter. Summer shade eases the burden on your air conditioner and after the leaves fall the winter sunshine can help warm you. Any natural beauty added is another "plus" in the process.



Inexpensive Storm Windows
1. make frame
2. cut plastic over-sized
3. wrap frame, staple or tape on back
4. tack to window frame

A final note: We have talked about "holes" in your house. Have you made any holes lately? What about plumbers or electricians or carpenters? If they had to open a small place under your house, or almost anywhere in an outside wall or the floor, the hole might still be there. A pipe or wire is not much help. Plugging that small hole with caulking compound can also make a difference.

—Frank Jeter, Jr.



Tips For Keeping Mobile Homes Snug When Winter Winds Blow

If you own a mobile home, chances are good that it already has insulation, but you can still take steps to prepare the home for winter.

Agricultural Extension Service housing specialists at North Carolina State University suggest that you first check to be sure there is insulation in the floor. There should be three or four inches. If there isn't, add R-19 fiberglass batts.

Consider installing storm windows and doors. If it isn't possible to add conventional storm windows and doors, put plastic over the inside of the windows. In some cases a custom made storm door can be placed on the inside of the existing door.

You may also weatherstrip around doors and windows, or caulk around all windows, doors and other places where air may pass through, the NCSU specialists suggest.

Placing a skirting material around the base of the mobile home may be one of the best investments you can make to reduce heating costs. This reduces heat loss and helps prevent water pipes from freezing. You should allow some vent space in the skirting.

Have your heating system checked and serviced by a competent service person, if this hasn't been done recently. The system should be adjusted for maximum operating efficiency.

If heat system duct is exposed under the floor, wrap it up with a minimum of R-4 insulation. Also, insulate all water pipes and tanks to prevent freezing.

Some simple adjustments in your living habits may help reduce the costs of heating your mobile home. Keep doors and windows closed when possible. Lower thermostat setting as low as possible without keeping the home too uncomfortably cool.

Some other suggestions for heat conservation are long range for consideration the next time you pick a site for a mobile home. Place it so the side with the most glass faces south, for example. Also consider the advantages you may get from shrubs, trees or mounds of earth. These can reduce air velocity around the home—an important consideration on bitterly cold windy days and nights.

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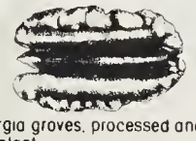

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Insulation: Essential For Home Energy Conservation

In deciding how much insulation to put in your home, it is best to consider R-values rather than inches because one type of insulation may work better than another on a per-inch basis. R-values reflect the resistance of insulation to the passage of heat. The higher the R-value, the better the insulation.

In an uninsulated attic with exposed joists, lay blankets or batts or pour loose fill insulation between the joists. A vapor barrier should be placed between the insulation and the living area of the house to prevent moisture from penetrating the insulation and reducing its effectiveness.

Blankets and batts can be purchased with a vapor barrier on one side. If you use loose fill, you will have to install your own vapor barrier, such as a plastic sheet or polyethylene film.

Unless you're planning to re-side your house, existing walls can be practically insulated only by blowing in foam or loose fill material through holes drilled from the outside of the house. This is an expensive procedure which should be done only by a reputable contractor.

If you are planning to re-side your house, consider having rigid board insulation nailed on over the old wall boards before adding the new siding.

To insulate floors above cold spaces such as unheated basements or crawl spaces, push the batts or blankets between the floor joists from below the vapor barrier up toward the heated or air conditioned area. To support the insulation, lace wire back and forth among nails placed about two feet apart in the bottom

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Yule Crafts: Time To Get Started

Need some new inspirations for decorating your home for the Yuletide season this year?

Here are several suggestions for crafts projects that might provide a bit of inspiration for Christmas 1985.

Whether you live in the hustle and bustle of the city or the quiet of a small town, you can dress your home with country style this Christmas with our 31-page guidebook featuring the oldest and most favorite types of patchwork.

Log Cabin block and Sunbonnet Babies are the themes for many of the projects, which include quilts, pillows, Christmas stockings and ornaments, appliqued dish towels and potholders. Full size patterns and step-by-step instructions are offered for each of the 30 country-style projects as well as applique and quilting techniques. *Country Christmas*, #B70, is priced at $7.25.

When the cupcakes begin to look like Santa Claus and the gingerbread house gets its roof re-frosted, you'll know Christmas has arrived! This colorful 23-page guidebook will show you step-by-step how to decorate holiday treats with store-bought cookies, candies, cones and other goodies. All you need is colored icing, basic kitchen utensils and these simple recipes to create a Nativity scene, Santa in his cottage and much more!

Cookie and Candy Crafting II, #P771 is $4.75.

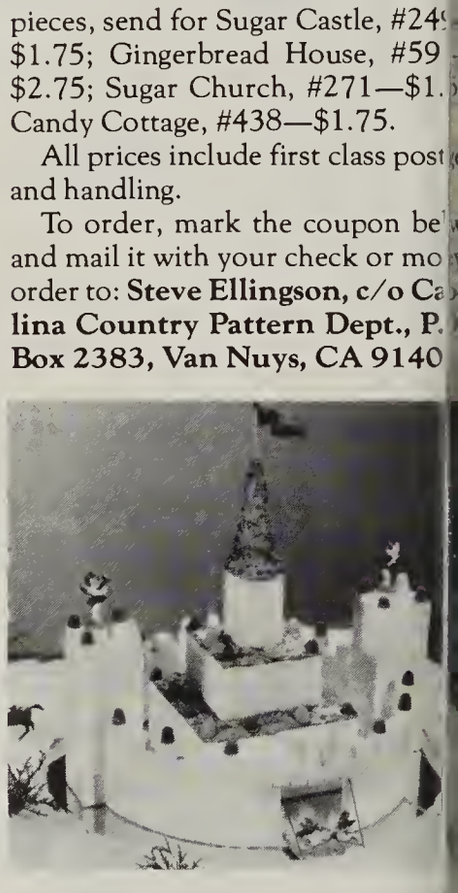
As the holiday season approaches, we all have "visions of sugarplums" dancing in our heads. Now we are offering four sweet little projects that will help make those visions become reality. Step-by-step directions make them easy and fun for adults and children alike.

The sugar castle is made from sugar cubes glued together with an ice cream cone for the tower. Or build a perfect gingerbread house with our full-size pattern which can be traced onto cardboard. Placement of all the candies is clearly marked. A great centerpiece for Thanksgiving as well as Christmas is this quaint sugar church made with sugar cubes, jelly beans and wafers. And you can make this fairy-tale candy cottage using our full-size p tern along with pipe cleaners, nu candies, etc.

To obtain one or all of these cent pieces, send for Sugar Castle, #24 $1.75; Gingerbread House, #59 $2.75; Sugar Church, #271—$1. Candy Cottage, #438—$1.75.

All prices include first class post and handling.

To order, mark the coupon be and mail it with your check or mo order to: **Steve Ellingson, c/o Ca lina Country Pattern Dept., P. Box 2383, Van Nuys, CA 9140**



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- ☐ Cookie And Candy Crafting II, #P771, $4.75
- ☐ Sugar Castle, #249, $1.75
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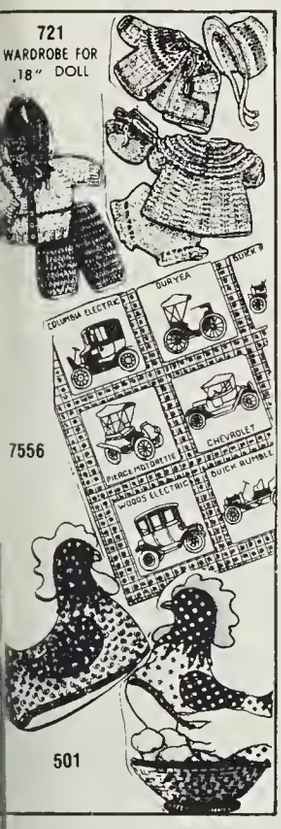

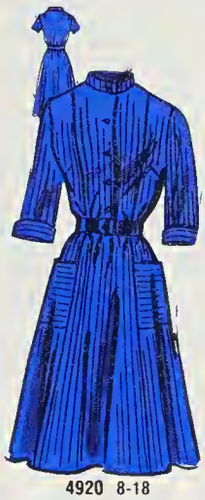

Pattern No. 9156 is cut in Women's Sizes 34, 36, 38, 40, 42, 44, 46, 48, 50 and 52.
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Pattern No. 4920 is cut in Misses Sizes 8, 10, 12, 14, 16, and 18.
Pattern No. 9389 is cut in Misses Sizes 6, 8, 10, 12, 14, 16, 18 and 20.
Pattern No. 721 includes directions to crochet 7-piece wardrobe for 18" doll.
Pattern No. 7556 includes tissue transfer of 24 motifs for car quilt.
Pattern No. 501 includes tissue pattern for "Chicken Little" basket cover.
Send $3.00 in cash (no stamps) for each pattern to: CAROLINA COUNTRY, Reader Mail, P.O. Box 58, Woodside, New York, NY 11377. Add 65¢ for postage and handling. Be sure to include your full address, zip code and pattern number and size.

COUNTRY KITCHEN

Want To Share Your Recipes?

If you would like to share a recipe with this column, send it to: *Carolina Country*, P. O. Box 27306, Raleigh, NC 26711.

We pay $5 for published recipes and present each monthly winner a set of 50 recipe cards featuring a reprint of the published recipe.

Tolee Pecan Squares

Submitted by Charlie Finney of Albany, Georgia

1 cup sugar
2 sticks real butter
2 cups plain flour
1 egg separated
1 tsp. vanilla
½ tsp. almond flavoring
¼ tsp. salt
2 cups small pecan pieces

Cream butter and sugar. Add egg yolk, flavoring, salt and flour. Spread on a greased 11" x 17" cookie sheet. Pour slightly beaten egg white on top. Spread with hand. Sprinkle pecans on top. Bake at 200 degrees for two hours. Cut into one inch squares.

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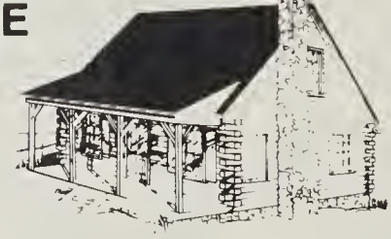

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EMC Engineer, Tarboro Mayor Appointed To NCREA Board

An electric cooperative engine and the mayor of Tarboro hav been named to the board of tl North Carolina Rural Electrific tion Authority by Gov. Jim Marti

The engineer is R. B. Sloan Jr manager of engineering and oper tions at Crescent Electric Membe ship Corporation, Statesville.

A native of Hiddenite, he has bachelor's degree in electrical engi eering from N.C. State Universi and a master's degree in busine administration from Quee College in Charlotte.

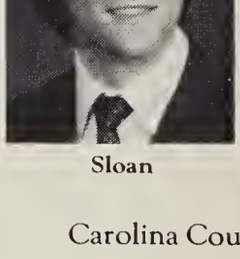
He has been with Crescent EM for the past 12 years.

Tarboro Mayor John D. (Bobb Pigg, who operates lumber, contra ting and land development bu nesses, is a native of the Edgecom County town.

He has been mayor for the pa three and one-half years. Earli he served on the town's planni board.

He is active with committees the N.C. League of Municipaliti and the National Home Builde Association.

N. C. REA is a state agen which is guided by a five-memb board. Its primary responsibili is to review loan applications fro the state's electric and telepho cooperatives before they are su mitted to the Rural Electrificati Administration.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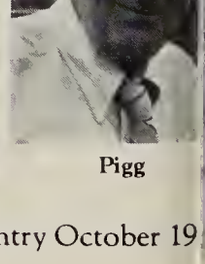
Pigg

TV Series Spotlights 14-Year-Old Woodwright

A 14-year-old woodwright from Raleigh has become something of a "video apprentice" to master woodwright Roy Underhill, the host of the popular public TV series "The Woodwright's Shop."

The boy is Chris Suhre, who is featured in a segment of the series demonstrating various tools he uses in his backyard workshop.

Suhre was invited to be a guest on the show after he met Underhill at a meeting of the Mid-Atlantic Tool Collectors in Charlotte.

"I told him about the things I'd made and my workshop," said Suhre, who'd been inspired by watching Underhill's series to undertake woodworking projects of his own, using old tools that his grandfather had given him.

The boy, who's a ninth grader at Hale High School, said he's found a sense of accomplishment from his work.

"I like the sense of being self-reliant. When I finish a project, there's something special about it. I use my skills and a few tools to make something I can use."

Now studying under a woodwright in Raleigh, Suhre earns money to buy more old tools by selling the toys he makes.

"People like them, even those who don't have kids."

"The Woodwright's Shop," now in its fifth season at the University of North Carolina Center for Public Television, is broadcast each Thursday at 7:30 p.m.

Among the projects featured in this season's shows will be rustic rockers, a baby cradle, hutch tables, berry buckets and a music mill.

Roy Underhill, host of the public TV series, "The Woodwright's Shop," right, visits 14-year-old junior woodwright Chris Suhre of Raleigh, who is featured in one segment of the 13-part series this fall.

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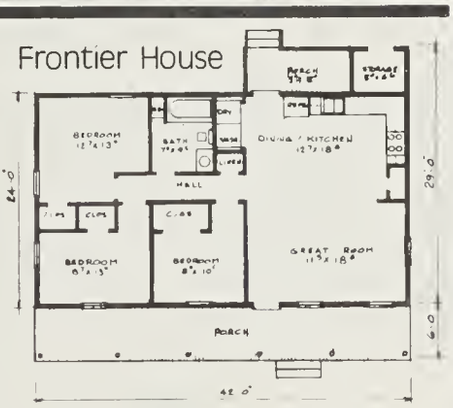

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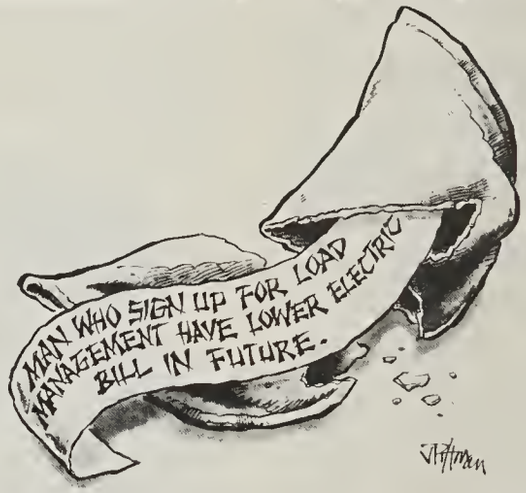

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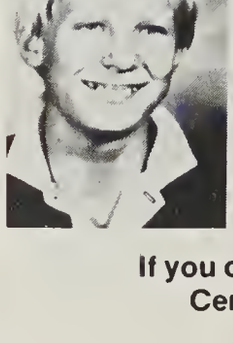
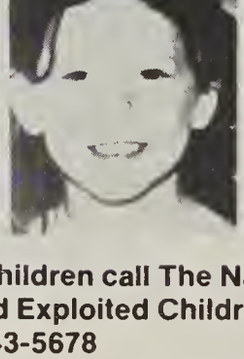


Clint Jeffrey Stine
DATE MISSING: 5/30/85
FROM: Springfield, Illinois
AGE: 13
DOB: 11/20/72
WHITE MALE
EYES: Blue/green
HEIGHT: 4'5"
WEIGHT: 97
HAIR: Blonde



Regina Mae Armstrong
DATE MISSING: 6/18/85
FROM: Orlando, Florida
AGE: 6
DOB: 3/16/79
WHITE FEMALE
EYES: Hazel, brown
HEIGHT: 3'6"
WEIGHT: 45
HAIR: sandy blondish brow

If you can identify these children call The National Center for Missing and Exploited Children: 1-800-843-5678

This message is brought to you by the National Child Watch Campaign™ a cooperativ effort between the National Child Safety Council, The National Center for Missing an Exploited Children and the American Gas Association.

National Child Safety Council is a non-profit organization supported solely by privat contributions. The Council assists law enforcement agencies in the effort to combat th national tragedy of missing children in every state in the continental United States. If yo would like to assist their efforts to help locate other missing children, please send you tax-deductible contribution to: MISSING CHILDREN SEARCH, National Child Safet Council™, P.O. Box 1368, Jackson, Michigan 49204.

NATIONAL CHILD WATCH CAMPAIGN™

1-800-222-1464

Deadly Mixture: Falling Trees And Power Lines

Do you have plans to clear some land for farming or for building a new house or barn? Maybe you're cutting a new right-of-way to serve as a road. Or perhaps you're just getting rid of some old dead trees that have become a nuisance to you.

Regardless of the chore at hand, cutting down trees is serious business, which demands attention to safety measures. You can avoid needless tragedy by observing some rather simple rules.

You put on working gloves to protect your hands. You wear safety goggles to protect your eyes from flying chips. You wear a properly fitted hard hat to protect your head from falling branches. You step into steel-toed boots to protect your feet from mishaps with the saw or axe.

Think you're all set to start cutting? Think again!

Some of the most serious accidents involving the cutting of trees occur because no attention is paid to the presence of electric power lines. A careful surveillance of the vicinity is essential before you begin any tree work.

Look overhead and to all sides surrounding your cutting site. Be very sure your tree will not come into contact with any power line when it falls.

Wood can be a conductor of electricity. Each year several deaths and cases of serious injury are reported which involve trees falling into power lines. It is important to take a few minutes to survey your cutting site.

Above all, if you do cause a tree to fall into a power line or you come across a tree that has fallen into a line, do not—under any circumstances—attempt to remove the tree.

Stay clear of the tree and the line.

Call your electric cooperative as soon as possible. They will see that the problem is taken care of right away. Never attempt to remove loose limbs from power lines, as well. Your cooperative can take care of that, too.

Remember, trees and electric power lines don't mix.

—*Kansas Country Living*

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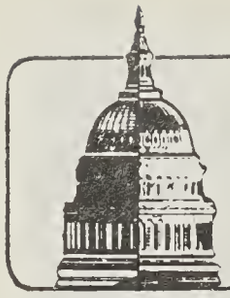

WASHINGTON SCENE

President Crusades For Tax Reform As Congress Ponders Curbs On Imports

North Carolina's congressional delegation, which rarely votes unanimously on any issue, has split solidly with the Reagan White House on the matter of limiting textile imports.

The five Republicans in the House of Representatives, who support the Reagan policies most of the time, left him on textiles; they want to limit textile imports to what they were in 1984. So do the six House Democrats and both Republican senators.

Of course, observers say, there is a very realistic reason for this. They must run for re-election next year while President Reagan doesn't have to think about that.

So, with textile plants closing and many cutting their work forces to survive the flood of cheaper textiles from other countries, members from textile-producing states see the suffering—and resentment—of voters who are losing their jobs.

It's a pocketbook issue and pocketbook issues always influence elections. Thus, as Congress returned after its summer recess, the lawmakers there found 300 separate import bills awaiting their attention.

This runs directly counter to the President's belief in free trade. He has long advocated a system where nations would trade freely, with no restrictions, in the spirit of "let the best man win".

In this case, the winner would be the nation that could produce the best goods at the best bargain.

Critics point out two flaws in the free trade philosophy in today's world.

First, most of our foreign competitors don't practice free trade. They impose restrictions on imports of American goods that are trying to get into their countries.

"Free trade," Tenth District Rep. Jim Broyhill told a Charlotte audience a few weeks ago, "is a fine theory, but it just doesn't work, because the United States is the only nation practicing it."

Second, the strength of our dollar puts the United States at a disadvantage in trying to sell our products in other countries. Our goods are simply more expensive when they reach other countries and their prices are marked up in foreign currencies.

Canada is a good example of this. Since a Canadian dollar is worth only about 70 cents in American money, it takes more Canadian dollars to buy an American television set.

And the strong dollar which causes this, economists say, can be directly traced to the record deficits that the government is piling up each year, causing Washington to borrow more and more to meet the interest payments on a two-trillion-dollar debt.

You can be sure that members of Congress heard about this from the home folks during the recess.

Lawmakers returning to the capital in early September said the continued deficit spending and the loss of jobs were the principal issues voters wanted to talk about.

Farmers who sold this year's crop at little profit—or at a loss—were vocal in expressing their fears that they would have to turn elsewhere to make a living and provide for their families.

Some farmers who had taken jobs in mills or factories to make living expenses now saw those jobs threatened by imported products which were blamed for job layoffs.

Some returning members said there was increasing concern over the heavy military spending and many voters asked about the $640 toilet seats that Lockheed Corporation sold to the U.S. Navy.

"If I saw that money was being spent wisely it would be one thing, but when you read about how much they're spending on hammers and toilet seats you can't help wondering what they're blowing on the really big things," Mark Muller of Mebane told Sixth District Rep. Howard Coble of Greensboro, a freshman Republican.

Muller may have gotten an answer to that when the Defense Department abruptly canceled the development of a cannon called the Sergeant York, which wouldn't shoot straight enough or far enough. Almost $2 billion had already been spent on the weapon before that decision was made.

Still, most Americans continue their love affair with the President.

That is clear from recent polls, where his approval rating is 65 percent, a very high mark for a president who has been in office five years.

And no one questions his political courage. In the first two public appearances he made on his return to Washington, he spoke in Missouri, where he had turned down relief for the shoe industry, and in North Carolina, where thousands have lost jobs in textile mills.

It is true he didn't mention shoes in Missouri, where the Republican congressional delegation didn't show up for his speech because of his stand denying help for the shoe industry.

And he didn't mention textiles in North Carolina, although he spoke at N. C. State University, which has the largest textile school in the nation.

Instead, Reagan was on a crusade

for reform of the U. S. tax system, which lawmakers said was hardly mentioned by voters during the recess.

North Carolina's Sen. Jesse Helms, a long-time Reagan friend and supporter, said he had heard very little talk of tax reform from the state's voters.

What surprised many observers was that Congress, in this final session of 1985, was so willing to challenge a president who had so much going for him.

Besides his popularity in the polls, Reagan could properly point to several other factors that are favorable. Most of the nation is prosperous and more people are at work than at any time in the nation's history.

Inflation, which was quite high when Reagan came to office in 1980, is down and seems likely to stay that way, according to top economists.

Interest rates are still high but not as high as they were a year ago, although the same economists say they may go up again in the near future. The stock market is higher than it has ever been.

But the returning Congress, including many Republican members, seems determined to treat Reagan as a lame duck leader even though he has more than three years remaining in the White House.

Most of the 22 Republican senators who face the voters in 1986 are upset with the President because he persuaded them to vote to cut Social Security benefits and then changed his mind and opposed the cuts. They feel that endangered them politically.

And they obviously feel that the President's intention to campaign for tax reform is a strange priority.

Practically all members of Congress say they find very little concern among voters on this issue when compared to the need to cut the deficit and to shore up the nation's industrial base that is being eroded by the flood of imports, from textiles to automobiles.

The polls show there is a huge difference between the popularity of Reagan and the popularity of the administration's policies. Most people, the polls say, favor curbs in imports, most want more help for the needy and most people question the huge amounts of money being spent by the Pentagon.

Yet Reagan came back to Washington, following his vacation and recovery from cancer surgery, saying little or nothing about these concerns. Instead, he launched his campaign on tax reform.

All this has raised questions in the minds of the Senate and House members, who are already thinking about campaigns of their own—to retain their seats.

Sen. Robert Dole of Kansas, the Republican leader in the Senate, summed it up for his party: "The President has had his last hurrah. There are 22 Republican senators who want to have a hurrah next year."

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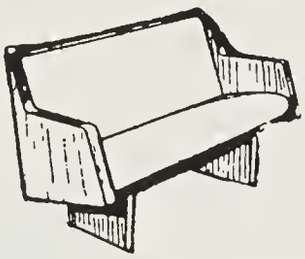

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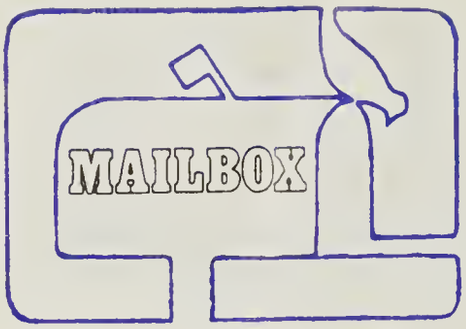

Rural Life Has Changed For The Better, "Thanks To Electricity"

Enclosed is $5 for the book *Living History*. I will appreciate it very much for I can remember the bad old days very well, but some folks call it the good old days.

I remember how rough it was carrying water from a spring at the foot of a hill and washing in a tub with the old rub board, as folks called it, and heating the water in an iron pot outside. It would take all day to wash clothes.

We'd carry in wood to build a fire to keep warm and cook the meals on the wood cook stove. And we'd have only a little dim oil lamp to see by at night and have to carry it from room to room just to see what you were doing.

Things have changed all for the better in the last 50 years, thanks to the electricity and the joy of it all. It sure has made a great difference!

Greta Young
Rt. 6, Murphy

Living History *is a paperback book featuring a collection of old photographs and comments by North Carolinians recalling the early years of the rural electrification program. See ad, page 14 for details and ordering instructions.*

Magazine: It's "Like A Member Of My Family"

I'm writing to tell you what a fine magazine *Carolina Country* is. I can relate to each issue personally; the articles and stories are about people and places I know. Your magazine is like a member of my family. I save every issue.

Thank you very much for the excellent reading I find in your magazine each month, but more than this, thank you for the caring that is so abundantly clear in each issue.

My family has been with Surry-Yadkin EMC (Dobson) since 1954.

Margie M. Trivett
Thurmond

Montague Print "Brings Back Many Memories"

Enclosed you'll find my check in the amount of $50 to cover the cost of one 50th Anniversary print of "Times Past." This painting brings back many memories.

I plan to have this framed and give it to my brother for his 65th birthday.

Mary P. Smather
Chester, Va

"Times Past," is a limited edition print from an original Allen Montague painting which was done to commemorate the 50th Anniversary of the beginning of the rural electric program. To order print, see ad, page 23.

Thank You For The "Fine Magazine"

I would like to thank you for a fine magazine. I always look to see what the recipe of the month will be before I start to look at the rest of the book.

Margaret Campbe
Pilot Mountain

Enjoys Tales Of "Wonderful Folks Who Saw First REA Lines Installed"

My father worked as a foreman for Tri-County EMC from 1939 through 1945. I have spent my life hearing tales of the first lines he installed in these rural counties. One was of a man that put corn cobs in his light sockets to keep the current from running out.

It wasn't unusual for a large meal to be provided by the people along his route as he installed the lines. They had been waiting for years for that day. Some had saved for years to have their houses wired.

We would like two copies of *Living History*. It would be nice to hear other people's tales of those wonderful folks.

Ann Humphries
Goldsboro

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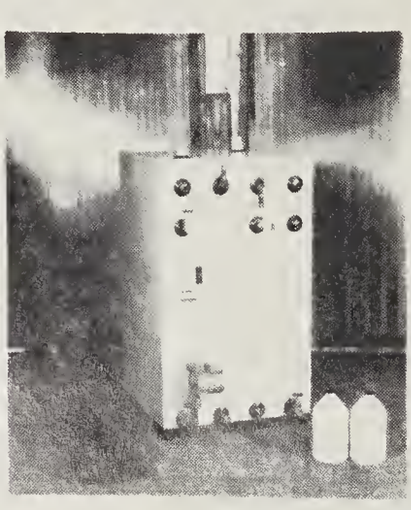

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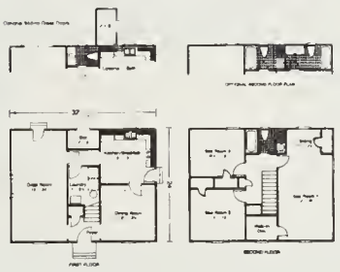

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The original painting by Allen Montague of Raleigh, which was commissioned by the North Carolina Association of Electric Cooperatives, Inc., was featured on the *Carolina Country* cover last May.

Montague, a "Lifetime Artist" with Ducks Unlimited, has his work catalogued by Southeby Park- Benet, the internationally known art auction house. Another of his paintings was featured on the *Carolina Country* cover last August, 1984.

The prints feature an image area of 22″ by 16″ plus the border.

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"Cheap Food" Starving U. S. Farmers

Continued from page 3

I'll assure you the embargoes have cost this farmer much more by several times than any government subsidy will ever provide.

Who is to blame?

The inability of the farmer to organize is one reason. If we were organized, consumers would not be paying less than 15 percent of their income for food. The farmer would be enjoying a reasonable return like other producers and manufacturers.

If by chance someone in Washington wanted to help the American farmer survive this crisis, I have a few suggestions. If no help arrives, then I feel 25 to 40 percent of today's farmers will not survive. If this happens then maybe the remaining group can organize and under those circumstances we would not need government help.

If the American public wants reasonably priced food, it must help the farmer pay for it. We have used up most of our available equity. The federal treasury will have to come to the rescue of the farmer in times such as these. You the public must help share the cost, since you too enjoy the cheap-food policy of our government.

To reduce the supply we have today, we must have limited mandatory production controls. This would help reduce the excess unless our export policy is such that we compete actively with other subsidizing governments on an equal basis.

We must actively compete. We should have a reasonable inventory in reserve in the event of crop failure. The farmer cannot bear this cost alone, either.

Yes, we do have too many farmers today, but you the consumer enjoy a standard of living and good food supply that is unknown in most of the world. The supply of food and fiber is a bargain. If you would like to continue three meals each day at a reasonable cost, you must help share the cost and someone had better open some ears in Washington. You have been eating at the expense of the farmer and his equity is almost gone.

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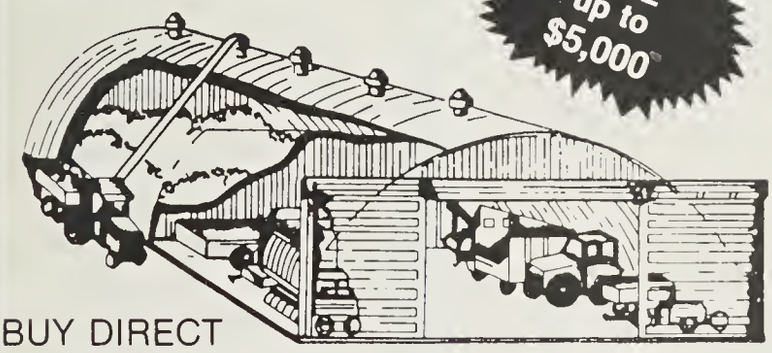

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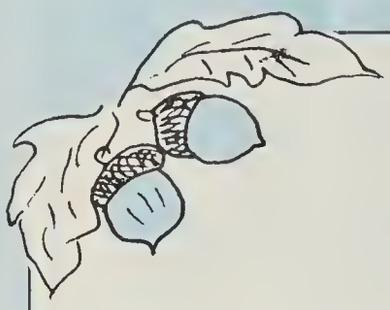


Tomato Preserves

4 cups tomatoes
3½ cups sugar
1 package strawberry jello

Peel tomatoes. Cut into small pieces. Boil 20 minutes with sugar. Sprinkle in jello. Can and seal.

Cleo Carter Beaver

Whole Wheat Loaves

1 package active dry yeast
1½ cups lukewarm water
2 cups sifted plain flour
2 tablespoons sugar
1 tablespoon salt
½ cup hot water
½ cup brown sugar
3 tablespoons shortening
3½-4 cups whole wheat flour

Sprinkle yeast on one and one - half cups lukewarm water; stir to dissolve. Add flour, sugar and salt. Beat until batter is smooth. Cover and let rise in warm place until light and bubbly. Combine one - half cup hot water, brown sugar and shortening. Cool to lukewarm. Add brown sugar mixture to yeast; mix well. Gradually add enough whole wheat flour to make a soft dough that leaves the side of the bowl. Turn out on floured board and knead until smooth and satiny. Place dough in lightly greased bowl; turn over to grease top. Cover and let rise until doubled. Divide dough in half. Shape into balls; cover and let rest 10 minutes. Shape each half into a loaf. Place in 2 greased 9 x 5 x 3 inch loaf pans. Let rise until doubled. Bake 350 degrees 40 minutes or until loaves sound hollow when tapped. Remove from pans. Brush tops with melted butter.

Marie Bell
—Our Best-Oakdale Club

These recipes offer only a sampling of the many mouth-watering dishes that are included in this 254-page spiral-bound cookbook, which was published earlier this year by the Oakdale Club of Statesville.

The community club, which was organized in 1921, now claims a membership ranging in age from 25 to 99. The oldest member is Cleo Carter (Mrs. N. A.) Beaver, who submitted the Tomato Preserves recipe above. A charter member, she's still active in the organization.

The club's building on Highway 64 East is served by Crescent Electric Membership Corporation, Statesville.

To order a copy of the cookbook, send $8, including postage and handling to Mrs. George B. Weaver of 2736 East Broad Street, Statesville, N.C. 28677. (See opposite page for another excerpt.)

"Raised To Work"

Annie Lane, an avid gardener at 71, wants her final days cast from a familiar mold. "I was raised to work," she declares, "and I still enjoy it. I'll go on working as long as I'm able. When I'm not able, when I get to that, I hope I'll do a big day's work and lay down at night and go to sleep and not wake up."

Lane's philosophy underscores a point we would do well to heed: Old age is but the final stage of life.

Meeting the elderly's needs depends, in part, on understanding how their lives have unfolded.

Listening to and learning from old people themselves is one way to achieve that kind of understanding. And that it is what Eva J. Salber, professor emeritus of community and family medicine at Duke University has done.

The result is *Don't Send Me Flowers When I'm Dead: Voices of Rural Elderly* (Duke University Press. $25 cloth; $12.50 paper), a thoughtful collection of interviews that allows 45 elderly members of two rural communities near Durham to reminisce, assess the present and anticipate the future.

What these low-and middle-income people want most of all is an independent old age spent in their own homes close to family and friends.

Many of the women and men interviewed live in substandard housing, where food is still cooked on woodstoves and the only insulation is plastic stretched across windows and doors. Everyday expenses absorb meager Social Security benefits.

But, for them, making do with precious little is simple a continuation of a lifetime of hard work that bestowed few material rewards. They proudly recall days spent barning tobacco, picking cotton, plowing fields and cooking 50 biscuits a day.

"Don't send me flowers when I'm dead," Annie Lane admonishes. "I want them now. It wouldn't do me two cents worth of good after I'm dead to put me in my grave and put a pile of flowers on me as big as this house. If you've got a flower you want me to have, give it to me now."

—Lu Ann Jones

Lu Ann Jones served as coordinator of an oral history project focusing on the early years of the rural electric program in North Carolina.

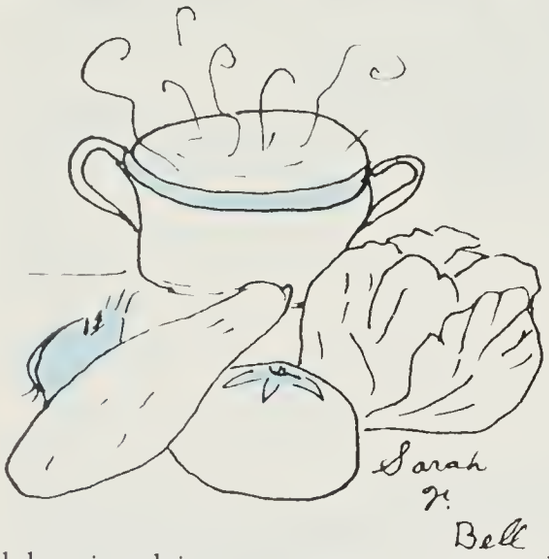
Vegetable Soup "From Scratch"

This essay on cooking vegetable soup "from scratch" was written by Margaret Carter of Rt. 15, Statesville, who describes herself as a "country girl" who enjoys writing as a hobby.

Most of her writing, she said, recalls her childhood on the farm. Although she doesn't type, she wants to put some of these stories on paper for her 14 grandchildren.

The piece on making vegetable soup was presented as a program for a meeting of her community's Oakdale Club when Mrs. Carter served some of her own "from scratch" soup. Members of the club enjoyed it so much that they included it in the club's cookbook *Our Best*. See the recipes, opposite page, for details about ordering copies of the book.

Mrs. Carter and her family are consumer-members of Crescent Electric Membership Corporation, Statesville.



We hear all kinds of tales of mixes these days. Cake from scratch, soups, pies and all kinds of things, but "scratch" means a different thing to me. Many people today don't know where this expression came into being.

It is a saying carried into the new lands of early America, when our ancestors really had to make do from scratch. The settlers would travel all day and settle down at night around a campfire and each one would add whatever they had and soon there would be a bountiful meal ....

I am concerned that young people do not have a chance to learn from scratch, and would they know how if they did? But many of our young people are going back to the basics of living, not so many luxuries. The ones I know "hats off to you." I am proud of you.

Sometimes I think what if we do have to go back to some of the old ways to save electricity, walk to save gas and cut wood to save oil. Could we, or would we? I am sure true Americans can and would rise to the test. This had led me into the making of "Vegetable Soup from Scratch".

After rinsing out (my iron dutch oven), I placed it on the cabinet. Looking around, I could see we had new Irish potatoes in my blue enamel bucket. Picking up three large ones, I peeled them thinly, so as to save every bit of the potato and sliced them into my pot. I held it under the spigot and ran water over them, washing them about twice.

Stop right there, already a little of the scratch had been taken out. I didn't have to draw water from a well as my grandmother had to, or my mother, but on with my soup.

I placed them on the stove, covered with water, cold water to start them off .... I took two medium sized onions, peeled them, washed them and sliced them over the potatoes that were beginning to simmer. I placed the lid on the pot and turned the burner to medium.

No hot wood stove to stand over, no stovewood to poke into the stove, no letting the fire get low while I have to go to the garden.

I looked for my sharpest knife and a bucket as I had to go to the garden for cabbage and tomatoes ....

Bringing them (a cabbage and several tomatoes) to the house, I washed the cabbage, cutting about half of it into the pot. I washed the tomatoes, peeling them with juice running down my hands, burning where briars had scratched me. Peeling a little more than a quart, I dumped them into the pot, too.

I told my husband, "I still have to go back to the garden for corn and okra" ....

(After gathering corn and okra, washing and cutting it into the soup), I got the fatback from the refrigerator, sliced it and put it into the skillet. I fried the grease out of it, turning the burner very low.

This meat was given to us by our son, Larry, who raises hogs for winter, killing for his family, eight children, his wife, Carolyn and himself. Scratch again. Have you ever raised hogs to kill? And cured your own meat? Well, that's another story, probably Larry's, because I haven't done that in a long time.

My soup was really cooking by this time. I put in salt and sugar to taste, pouring in the fatback grease for my seasoning.

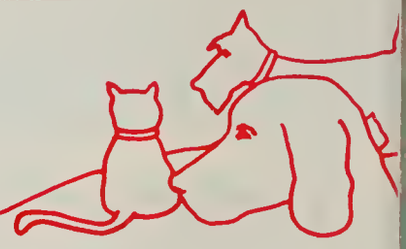
I turned the burner to warm and left it to simmer slowly so the corn would not harden and all the delicious tastes could mingle. I left the room and proceeded to write the recipe.

My daughter has been wanting me to write her the recipe for a long time. She says she can never get hers to taste like mine. I wonder if she will want a copy of this one.

If not, I will write her a shorter one to use with cans of foodstuffs from the shelf and a whole lot less time.

Margaret Carter

GOD'S CREATURES



Vet School Offers Attractions For Visitors

Every child who has lovingly cared for a pet probably has dreamed of growing up to be an "animal doctor."

For those frustrated animal lovers who never became veterinarians, Nov. 2 offers a special opportunity at the North Carolina State University School of Veterinary Medicine (SVM).

That's when the school, along with the rest of the university, will hold its annual Open House from 9 a.m. to 3 p.m.

This skeleton of Louie, a 9-year-old giraffe, is one of several reconstructed skeletons which greet visitors to the NCSU School of Veterinary Medicine. Louie's remains were donated to the school after the animal died last January at the state zoo.

There is a great deal to see and learn at the school, beginning with a skeleton menagerie that greets visitors in the lobby.

Reconstructed skeletons of a tiger, horse, pony, lion and North Carolina black bear are assembled there, along with an African gerenuk from the N.C. Zoological Park. (The gerenuk died of a broken neck).

The lobby also features a 150-gallon aquarium with tropical fish and other marine life.

From a second-floor balcony, visitors can see the skeletal head of Louie, a 9-year-old giraffe from the state zoo.

Louie, purchased for the zoo with funds raised in Wake County, was donated to the SVM after he died last January as a result of injuries from a fall.

His 15-foot skeleton, believed to be one of the finest specimens in the country, has been a useful model for zoo veterinarians faced with bone-related problems in other giraffes.

Fuzzy Jake—a 150-pound, 15-foot Burmese python—lives in a glass pen near Louie. The large snake, probably a female, was a former pet of an SVM technician.

The Open House tour is expected to include many features from last year's Open House. Among those were:

- The large animal clinic of the school's teaching hospital, where horses and cattle are treated. The clinic has a special operating room where veterinarians tranquilize large animals in a padded area to protect animals against injury. A floor on wheels can move a sleeping animal into the adjacent surgery room, then return it to the padded stall to recover from anesthesia.
- A mobile unit which allows vete inarians to treat animals in the field.
- The teaching hospital's sm animal clinic, including a "mo surgery" display with equipment us in animal surgery and cardboard f ures in surgical dress standing ove "patient" covered for an operation.

Special Interest Tours Available

The Nov. 2 Open House tour is the most extensive offered at the NCSU School of Veterinary Medicine.

However, 45-minute tours for special interest groups ages 13 and older may be booked Tuesdays and Thursdays from 8 a.m. to 4 p.m.

In addition, groups of children ages 5 to 12 may see the herd animals and skeleton displays on Wednesdays from 9 a.m. to 11:30 a.m.

Tour groups should call the school in advance at (919) 829-4200.

- Other facilities for treating sm animals, including a recovery roo intensive care unit and a regular wa
- An examining room where a mals have their eyes checked.
- Radiology rooms with equipm that can be adjusted to X-ray anim
- Pathology labs for disease diagno
- A teaching lab where televisi monitors display specimens pho graphed under a microscope th sands of times.
- An anatomy lab with animal sk tons and organ systems carefully p served for study.

Country Music Celebration Set In Charlotte

The Charlotte Country Music Story, a series of concerts, workshops and exhibitions focusing on the Queen City's role as a center of country music in the 1930s and 1940s, is scheduled for Oct. 25 - 27 at Charlotte's Spirit Square Arts Center.

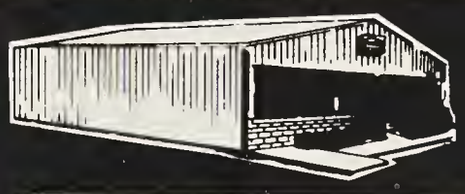
Former country stars who performed live on WBT radio broadcasts and recorded their music for RCA records will be reunited for the three-day event, which is sponsored by the Folklife Section of the NC Arts Council.

Among those to be featured will be Bill Monroe, Betty Johnson, Snuffy Jenkins, Homer (Pappy) Sherrill, The Tennessee Ramblers, The Briarhoppers, stars of WBT's longest running country music show and Joe and Jannette Carter, who will participate in a tribute to the legendary Carter family.

George Hamilton IV, a native Tar Heel who has become an internationally-known country artist, will emcee the concerts.

Tickets for the 8:15 p.m. concerts on Oct. 25 and 26 are priced at $10.

They're available from the Spirit Square box office, 318 N. Tryon St., P. O. Box 33669, Charlotte, N.C. 28233. For major credit card orders, call the box office at (704) 376-8883.



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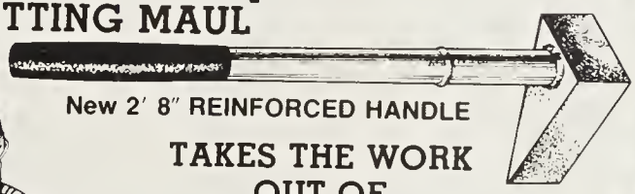

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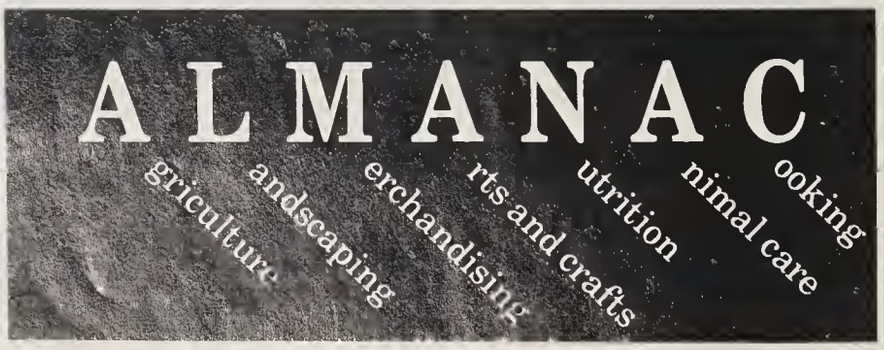
EMC ANNUAL MEETINGS CALENDAR

Date	Electric Membership Corporation	Time	Location
Oct.			
12	Albemarle, Hertford	Registration: 12:00 Noon Business Meeting: 2:00 p.m.	Perquimans County High School, Hertford
	Surry-Yadkin, Dobson	Registration: 12:00 Noon Business Meeting: 2:00 p.m.	Surry Central High School, Dobson
15	Lumbee River, Red Springs	Registration: 6:00 p.m. Business Meeting: 7:00 p.m.	Pembroke State Univ. Performing Arts Center, Pembroke
18	Brunswick, Shallotte	Registration: 12:30 p.m. Business Meeting: 2:00 p.m.	Smith's Tobacco Warehouse, Whiteville
26	Davidson, Lexington	Registration: 10:30 a.m. Business Meeting: 11:00 a.m.	John W. Dillard Primary School, Madison
	Rutherford, Forest City	Registration: 10:00 a.m. Business Meeting: 11:00 a.m.	Collett Street Recreation Center, Morganton
Nov.			
2	Tri-County, Dudley	Registration: 12:00 noon Business Meeting: 1:30 p.m.	Southern Wayne High School, Dudley



North Carolina public television's great addition for timely consumer information and features on Tarheel lifestyles. 7:30 p.m. Tuesdays, beginning October 1, repeating 4:30 p.m. Saturdays.

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HANK'S GARDENING GUIDE

With the arrival of October, we enter the cool-season planting time for woody ornamentals. Balled-and-burlapped (B&B) and bare-root plants will be appearing in garden centers and nurseries as plants become dormant for winter. Also, the planting of spring-flowering bulbs is in full swing this month.

Cutting Back Mums

As soon as flowers on chrysanthemum plants begin to fade, cut them with short stems. Wait until the first freeze to cut stems back to the crowns of plants.

If stems are cut back too soon, new growth shoots may begin to develop. These are easily killed by cold weather.

Twig Girdler

At this time of year, some trees such as oak, pecan, persimmon and honey locust are attacked by twig girdlers. These hard-coated insects are about an inch long and gray in color. Their antennae measure about twice the length of the body.

Once twig girdlers "hit" a tree, they multiply rapidly. The female may lay from 12 to 20 eggs in tiny holes she chews into the soft bark of the twigs she has girdled. Twigs break away in the wind and larvae develop in the dead, decaying wood on the surface of the ground.

The recommended control for the twig girdler is to collect all fallen twigs and burn them. This will reduce the insect population next year.

Don't Starve House Plants

Even though you give your house plants ample fertilizer, they still may be starving. House plants, like all other plants, must have light to manufacture food from fertilizer. Therefore, light is the limiting factor to most plants instead of fertilizer.

During winter months, house plants will actually be light-starved. But, you can help plants make the best of the light they do receive. Keep leaves clean, wash with water if necessary. Those with "hairy" leaves such as African Violets should be brushed with a soft brush instead of being washed.

Not only will foliage look better, it will be better able to manufacture food.

Bulbs

Daffodils, anemonies, ranunculus, crocus, muscari and most other spring-flowering bulbs can go into the ground now. Tulips and hyacinths should go in the ground between Thanksgiving and Christmas. You'll have better luck with tulips and hyacinths if they are stored in the vegetable bin of the refrigerator for four to six weeks before planting.

Raking Leaves

When you are raking up an abundance of surplus autumn leaves, be careful not to disturb the roots of trees and shrubs. Don't be too vigorous when using a heavy garden rake, or damage could result to permanent woody plants. Be particularly careful not to disturb the soil around shallow-rooted plants. Injury could cause dieback of the plants if their roots are snagged.

A flexible lawn rake is safe to lightly brush out accumulated leaves. Shrubs that are matted with fallen leaves can be swept clean with a soft broom.

Container Plants

Container-grown plants that you intend to keep over winter indoors need attention this month.

Groom plants by cutting away any overgrown, damaged and dead foliage. This encourages new growth and healthier, more attractive plants. If plants have outgrown their containers, repot now to allow time for them to become re-established prior to bringing them indoors.

When mixing potting soil, be certain to include peat, compost or similar organic material in the potting soil to assure good drainage and to avoid compaction.

Protect newly potted plants from direct sunlight and drying winds, and keep soil moist but not soggy.

Too Deep—Too Bad!

Planting a tree too deeply is sometimes responsible for the poor performance of young trees.

If soil is loamy and well-drained, the tree may eventually recover. In tight heavy soils, however, deep planting means almost certain death for most landscape plants.

The bark of a young tree will be crusted with soil up to the former planting line. This should serve as a guide in planting in the new location. One way to check planting depth is to lay a yardstick or shovel handle across the planting hole next to the tree trunk. The tree then can be adjusted so that the old planting line is level with the yardstick.

Evaluate Plants

In selecting shrubs and trees for your landscape plantings, it is well to consider the year-around effects rather than just a single feature such as the flower, fruit or autumn color. These are temporary when the plant is evaluated on a 52-week-a-year basis.

You'll want to know the ultimate height, growth habits, form, texture, rate of growth and cultural requirements of the trees and shrubs. It's wisest to choose plants that are reliably hardy in your area. Select those that will not become a maintenance problem.

—Hank Smith

A "Conspiracy Of Good People"

Care about one another.

That's the essence of the "advice" that CBS newsman Charles Kuralt offered to the 1985 graduating class at UNC-Chapel Hill last May.

As you might expect of the "On The Road" reporter and "Sunday Morning" host, Kuralt put it far more eloquently than that.

I didn't hear the address, which is a shame because, now that I've read the text in *Carolina Alumni Review*, I can imagine that its eloquence was multiplied many times by Kuralt's pear-shaped tones and understated style.

Kuralt, a Wilmington native, was a member of UNC's Class of 1955, but he admitted that this was his first Chapel Hill commencement:

"I did not quite qualify for attendance at the graduation of my own class. My mother was disappointed. But this is worth waiting for: a good seat and a chance to make a speech!"

Commencement addresses, he said, are usually full of advice and he wouldn't depart from that "ancient tradition." In fact, he added: "I have been waiting for 30 years for someone to ask my advice—and I wish to express my deep appreciation to the Class of 1985 for finally asking."

Kuralt pointed out that the human race has come "a good long distance" in 30 years and we have done so mainly "by learning to care about one another."

He said, "The misplaced priorities of our nation and greed in public life, and the perversion of religion are among the challenges facing the Class of 1985 and I have hope that you will prove equal to them...."

That hope, he said, stems from his faith that "there is, in this state, and in this nation, and in this world, an association of men and women who—while they may not know one another—might still be called a conspiracy of good people.

"Carl Sandburg of Flat Rock, who was one of them, described them as the 'saving minority'—those always willing to be heard when they have to be heard.

"Think of our state. From time to time, it has sent scoundrels to represent us in Washington, but always, always here at home, the saving minority has returned us to reason, compassion and decency."

At this commencement, Kuralt said, "This university says to us here gathered:

"Now I give you another class, among whose numbers are those who know—because they learned it on this hill—that there are purposes and undertakings ahead that are decent and compassionate and unsullied by arrogance, or hostility toward other people, or delusions of superiority, or motives of greed, and who will embrace those undertakings as members of the saving minority, the conscience of our country, the conspiracy of good people.

"Care about one another, and not only those of your own clan or class or color. I wish you long life and good fortune, of course. But my warmest wish for you is that you be sensitive enough to feel supreme tenderness toward others, and that you be strong enough to show it. That is the commandment, by the way, and not from me.

"I believe it is also the highest expression of civilization."

On Your Mark, Get Set ... Rest!

Our efforts to keep you fully informed about the latest developments in physical fitness have resulted in a complete report (February, 1985) on the "passive exercise program."

As you may recall, our in-depth analysis outlined the results of California studies that quantified the calorie-burning effects of many activities that were never before included in any exercise programs. (Swallowing your pride, 900 calories; turning over a new leaf, 500 calories, etc.)

Now, our crack investigative team has uncovered yet another major milestone that's expected to send shock waves through the fitness establishment.

It's an annual event in Scottsboro Ala., that's known as the "Good Ol' Boy No-Run Run."

This grueling contest pits "runners in a marathon along a 10,000-millimeter (that's about 33 feet) course a part of a fund-raising affair for the Scottsboro-Jackson Heritage Center

A total of 36 contestants compete in this year's No-Run-Run, which gives new meaning to the phrase "no sweat." Sweating is strictly prohibited

Officials choose the winner and runner-up based on creativity. Past contestants include those who competed in the "run" via long distance telephone lines from other states. The winner receives a hammock. The runner-up wins half a hammock.

The event begins when a starter calls, "On your mark, get set ... rest

This year's winner was David Henry, 42, of Birmingham, who competed in the contest wearing a le cast, crutches and a taped forearm. He attributed his victory to "clean living."

Runner-up was 32-year-old Bob Yates of Scottsboro, who inched his lawn chair along the course.

—*Owen Bisho*

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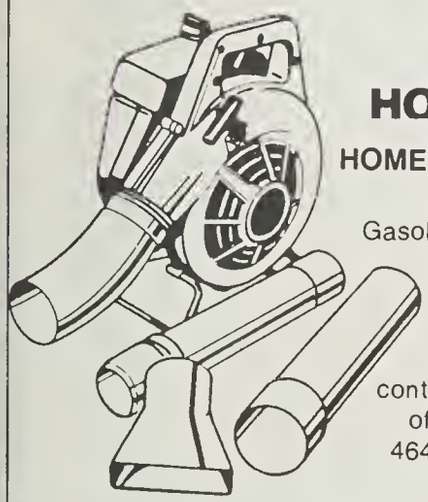

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FAMOUS "NO FAULT" GUARANTEE

Each item we ship is exactly as advertised, vigorous and healthy, tagged for easy identification, well packed for arrival in good condition. If not satisfied on arrival, you may return within 15 days for full refund. Any plant that doesn't flourish and thrive will be replaced free. Planting Guide included with every order. Clip and mail today!

Michigan Bulb Company, Grand Rapids, Mich. 49550

MICHIGAN BULB CO
Dept. RA-158, 195D Waldor
Grand Rapids, Mich. 4955

Please rush my order as checked be low within 72 hours of receipt. Include a FREE bonus items to which I am entitled. A items are covered by your No Fault Guarantee.

PRINT NAME MR. MRS. MISS MS. _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOW MANY	CAT. NO.	ITEM	COST
	112	Tulips (50 for $2.98 - 100 for $5.85)	
	124	Crocus (15 for $1.98 - 30 for $3.85)	
	114	Daffodils (10 for $1.98 - 20 for $3.85)	
	119	Dutch Hyacinths (3 for $1.95 - 6 for $3.85)	
	132	Daylilies (3 for $3.98 - 6 for $7.75	
	212	Oriental Poppies (6 for $1.95 - 12 for $3.85)	
	134	Parrot Tulips (6 for $1.98 - 12 for $3.85)	
	122	Bearded Iris (3 for $4.98 - 6 for $9.75)	
	200	Cushion Mums (10 for $2.98 - 20 for $5.75)	

☐ Remittance enclosed, plus $1.90 towards postage and handling. Ship postpaid. **TOTAL** $

☐ Bill on my credit card, plus $1.90 postage and handling. Ship postpaid. Indicate below which credit card you wish to be billed on, credit card number, and expiration date. $1.9

☐ MasterCard ☐ Visa ☐ American Express **GRAND TOTAL** $

Credit Card # _____

Exp. Date _____